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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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An apple, eaten raw, is a good low-calorie snack or desert. A medium size apple contains only about 70 calories.

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Apples that are ripe enough for eating will keep in your home refrigerator for a week or longer, according to home economists at the U.S. Department of Agriculture.

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Preparing an apple salad? Protect cut apples from darkening by mixing with fruit juice -- lemon, orange, grapefruit, or pineapple -- before adding other ingredients.

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For better color and flavor in frozen fruits, leave fruit in the sealed container to thaw and then serve as soon as thawed. A few ice crystals improve the texture for eating raw.

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Frozen fruit packed with dry sugar thaws slightly faster than that packed in sirup. Both sugar and sirup packs thaw faster than unsweetened packs.

POINSETTIAS

---And Their care

Cool-tolerant type poinsettias -- about 16 million pots of them -- probably were sold during the past month. Now that they are blooming and beautiful -- how do you keep them that way? Most of them will bloom well in temperatures in the low 60's, according to Ornamentals specialists of the USDA's Agricultural Research Service.

Overwatering causes roots to rot and will kill your poinsettias fast but, they should be watered thoroughly when you first get them. The entire soil area should be thoroughly saturated, then only water three or four days--not too much. Fertilize plants within several days. Remember that poinsettias must have at least six hours of bright indirect light daily to thrive. Plants should be kept away from drafts, radiators, and hot air registers.

If you're careful -- and possibly lucky too -- you may have your colorful plant well into the month of May.

INDOOR GARDENING - - -

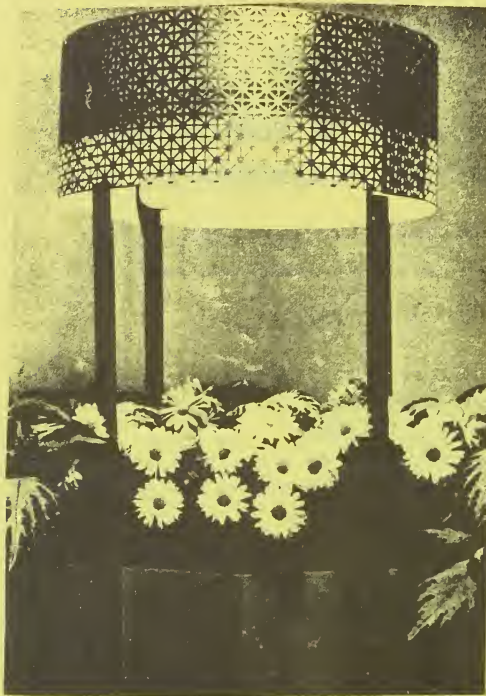
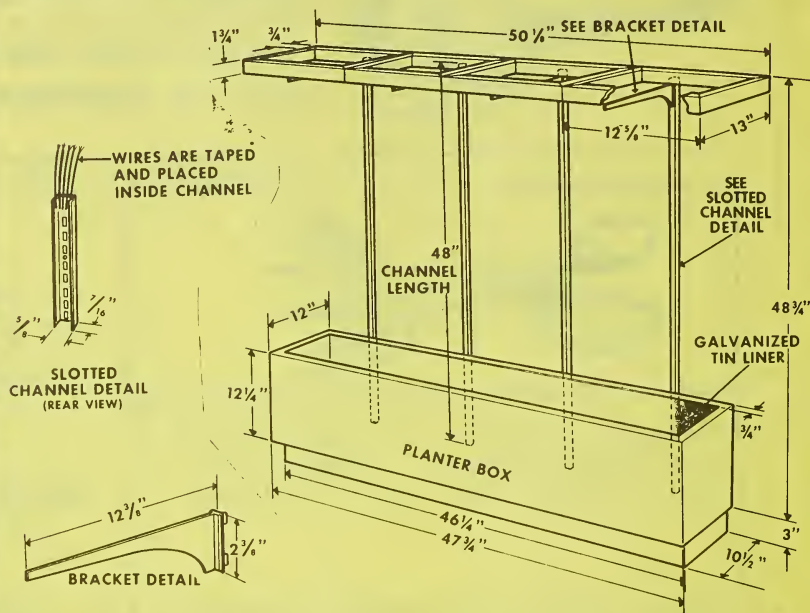


Table Garden

Indoor garden plan
for corridor or foyer

THE BEEF SUPPLY -- and You.

About a third of every food dollar is spent for meat, poultry and fish, according to marketing specialists of the U.S. Department of Agriculture. Since beef is America's most popular choice of meat, the present large supply of beef is good news for the consumers.

If you consider price per serving rather than price per pound, you're apt to find beef more economical than you think. And, turn down the heat. In cooking beef, low heat is the secret to successful and dollar-saving meat cookery. High temperatures not only shrink a roast but also rob it of its juiciness. Tender cuts are usually cooked by dry heat methods. Round, chuck, shank, brisket, or flank usually call for braising or simmering in liquid.

WHEN WINTER COMES

- - - -INDOOR GARDENING IS "IN"

Three important pointers to remember in planning an indoor garden -- (1) plants must be watered thoroughly, but only often enough to prevent wilting. (2) Plants should be fertilized every two to four weeks while they are actively growing and (3) plants should be illuminated with fluorescent lamps 12 to 16 hours daily according to United States Department of Agriculture horticulturists. Why fluorescent lamps? Because they give uniform illumination over a wide area, emit a minimum amount of heat into the air and -- plants can grow within 6 inches of the lamp without leaf damage.

A planter box is one interesting way to have an indoor garden and it may also serve as a room divider. It may be covered with indoor-outdoor carpet, a woodlike or metallike finish -- even a laminated plastic (often used for kitchen counter tops) may be used. The inner surface must be a water-tight liner made of sheet metal painted with asphalt to retain rusting. (Or a temporary liner may be made of two layers of polyethylene stapled inside the planter.) It is also useful to have your planter mounted on casters so that it will be easy to move for cleaning.

Fluorescent lamps should be mounted with a clear cover or shield in front of the lamp to prevent plants from touching the hot tube. A timer is also useful so that the lighting system goes off at the proper time every day.

An indoor garden needs a temperature during the day of about 75°F and at night about 65°. Avoid drafty locations--or hot or cold. It should not be near exhaust fans or outside doors. It is also best not to place it near heavy traffic areas in the home.

Use potted plants in the "garden planter" so that you can handle them easily. Rearrange them periodically to create interest and keep it attractive.

WHERE ARE WE -- On WHEY?

Little Miss Muffet may have had her problems with whey but whey and whey products may help solve some of the world food problems. What is considered a "dynamic future for the utilization of whey" may be on the horizon according to research work reported at the recent Whey Products Conference held by the Whey Products Institute and the Agricultural Research Service (Eastern Region) of the U.S. Department of Agriculture.

A new whey-soy drink is one example of the wider utilization of whey to meet human food needs. The beverage, now in production for overseas feeding programs, is at least equivalent to non fat dry milk in nutritional value. Whey is being produced under the sanitary conditions required for any other dairy food, but standards of identity have not been developed yet, nor have the separate requirements often imposed by individual states.

The lactose in whey could go far in meeting the demand for sweeteners, according to the reports, because for every pound of protein in whey there are 8 pounds of lactose.

An action program has been proposed to expand the markets for whey products. It includes identification of products with consumer appeal, an in-depth market analysis, an integrated marketing program, and quick, effective communication of the results.

An experimental use of whey was demonstrated with an informal taste test of chocolate confections samples at the conference. Whey is not now an optional ingredient in the standards for chocolate -- however, in this experimental formula, it was rated as acceptable by the tasters.

Production of whey in 1972 was 29.5 billion pounds and it is expected to rise to 36.4 billion pounds by 1980. There is worldwide interest in the possibilities expanded use of whey and whey products for human consumption.

NOTE: There will be no issue of Food and Home Notes on December 30th - Next issue will be dated January 6, 1975.

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